

Office Ergonomics

Computer Use Possible Workplace Hazard

By J.A. Ransom and Phil Breedlove Jr.

Many have suspected, but now it is confirmed: working with computers can be hazardous to your health.

There are a number of risk factors associated with working at a computer keyboard:

repetitive stress injury, headache, tinnitus, head, neck, and lower back problems, eye dysfunction, and emotional/mental health problems.



Gina Bowes, Office of the Secretary, needs an ergonomic evaluation from the KDHE pros.

Additionally, if you drive a lot for your job, improper driving ergonomic body positions can lead to physical stress related health problems.

But there is good news! KDHE will hold an Ergonomics Training Course November 16 in the Curtis State Office Building, Suite 530. During this training, you will observe a demonstration of an actual work-site ergonomic office assessment. This course will provide information regarding how you can make no cost or low cost ergonomic work-site modifications to help reduce physical stress and prevent injuries. The instructors are Chris Saiya and Gwen Riner, Health & Safety Specialists, from the Department of Administration, Division of Personal Services.

The morning session is for supervisors and is from 9 - 11 a.m. Supervisors will receive two hours of continuing education credit. The supervisory session will include an overview of ergonomics and discussion on the KDHE ergonomic referral process, forms, reports and other issues related to supervision.

The afternoon course is from 1:30 - 3:00 p.m. and is open to all KDHE employees, but pre-registration is required. Additional classes will be scheduled as needed. If you attend this course, you will be eligible to sign up for a "mini" ergonomics office evaluation as a follow-up to the course. This evaluation will assist you in setting up your workstation using the ergonomic information covered in the course.

To register please fill out the on-line enrollment form:

http://heaspub/Jeffs/Jeff.nsf/HR_Training_Enrollment?OpenForm